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WHAT IS CLAIMED IS:

1. A support system, arranged and designed to support
an ankle of a foot, the support system comprising:
a sole inliner, configured for a sole of the foot;
5 a coupling;
a back inliner, movably coupled to the sole inliner
with the coupling, wherein
the back inliner is configured for a back of
the foot; and
10 an upper coupled to both the sole inliner and the
back inliner, wherein
the upper adjustably secures the sole inliner
and back inliner to the foot,
the upper, the sole inliner, the coupling, and
15 the back inliner are operable to resist
lateral movement of the ankle while
permitting dorsiflexion and plantar
flexion movement in the foot, and
the upper, the sole inliner, the coupling, and
20 the back inliner are configured for
integration within a shoe.
2. The support system of claim 1, wherein the coupling
is positioned adjacent to a heel of the foot.
- 25 3. The support system of claim 1, wherein the upper
further comprises a top upper member and a bottom
upper member.

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4. The support system of claim 1, wherein the upper further comprises:
a flexible member, which facilitates an initial engagement of the upper to the foot.
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5. The support system of claim 4 wherein the flexible member includes a neoprene material.
6. The support system of claim 1, wherein
10 the upper further comprises a top upper member and a bottom upper member, and
the top upper member and bottom upper member independently provide engagement of the upper to the foot.
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7. The support system of claim 6, wherein the top upper member and bottom upper member are adapted to receive laces.
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8. The support system of claim 1, further comprising a cover which surrounds the upper, the sole inliner, the coupling, and the back inliner.
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9. The support system of claim 8, wherein
the upper further comprises a flexible member and a
top upper member and a bottom upper member,
the flexible member provides an initial engagement
5 of the upper to the foot, and
the top upper member and bottom upper member
independently provide further engagement of
the upper to the foot.
- 10 10. The support system of claim 9, wherein
the top upper member and bottom upper member are
adapted to receive laces,
the flexible member includes a neoprene material,
and
15 the coupling between the sole inliner and the back
inliner includes a biasing member.
11. The support system of claim 1, wherein the coupling
between the sole inliner and the back inliner
20 includes a biasing member.
12. The support system of claim 11, wherein the biasing
member causes a bias towards an acute angle between
the sole inliner and the back inliner.
- 25 13. The support system of claim 11, wherein the biasing
member causes a bias towards an obtuse angle between
the sole inliner and the back inliner.

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14. The support system of claim 11, wherein the bias of the biasing member is adjustable.
15. The support system of claim 11, wherein the biasing member includes at least one torsion spring.
16. The support system of claim 11, wherein the biasing member includes a compression member.
17. The support system of claim 16, wherein the compression member can be removably placed in one of a plurality of grooves on a side support of the sole inliner, and the placement of the compression member in each of the plurality of grooves adjust the bias between the sole inliner and back inliner.
18. The support system of claim 11, wherein the biased coupling is caused by a compressive cord.
19. The support system of claim 18, wherein the compressive cord can be wrapped around a cord winder to adjust bias between the sole inliner and back inliner.
20. The support system of claim 18, wherein the compressive cord causes a bias towards an acute angle between the sole inliner and the back inliner.

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21. The support system of claim 20, wherein the compressive cord is moveable to a second position to cause a bias towards an obtuse angle between the sole inliner and the back inliner.

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22. The support system of claim 18, wherein the compressive cord causes a bias towards an obtuse angle between the sole inliner and the back inliner.

10 23. The support system of claim 1, wherein the support system is integrated into a football shoe.

24. The support system of claim 1, wherein the support system is integrated into a running shoe.

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25. The support system of claim 1, wherein the support system is integrated into a basketball shoe.

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26. A shoe, arranged and designed to support an ankle of a foot, the shoe comprising:
a sole inliner, configured for a sole of the foot;
a coupling;
5 a back inliner, movably coupled to the sole inliner with the coupling, wherein the back inliner is configured for a back of the foot; and
an upper coupled to both the sole inliner and the
10 back inliner, wherein the upper adjustably secures the sole inliner and back inliner to the foot,
the upper, the sole inliner, the coupling, and the back inliner are operable to resist
15 lateral movement of the ankle while permitting dorsiflexion and plantar flexion movement in the foot.
27. The shoe of claim 26, wherein the coupling is
20 positioned for adjacency to a heel of the foot.
28. The shoe of claim 26, wherein the upper further comprises a top upper member and a bottom upper member.
- 25 29. The shoe of claim 26, wherein the upper further comprises a flexible member, which facilitates an initial engagement of the upper to the foot.

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30. The support system of claim 29, wherein the flexible member includes a neoprene material.
31. The shoe of claim 26, wherein
5 the upper further comprises a top upper member and a bottom upper member, and the top upper member and bottom upper member independently provide further engagement of the upper to the foot.
- 10 32. The shoe of claim 31, wherein the top upper member and bottom upper member are adapted to receive laces.
- 15 33. The shoe of claim 26, further comprising a cover which surrounds the upper, the sole inliner, the coupling, and the back inliner.
- 20 34. The shoe of claim 33, wherein the upper further comprises a flexible member and a top upper member and a bottom upper member, the flexible member provides an initial engagement of the upper to the foot, and the top upper member and bottom upper member provide
25 further engagement of the upper to the foot.

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35. The shoe of claim 34, wherein
the top upper member and bottom upper member are
adapted to receive laces,
the flexible member includes a neoprene material,
5 and
the coupling between the sole inliner and the back
inliner includes a biasing member.
36. The shoe of claim 26, wherein the coupling between
10 the sole inliner and the back inliner includes a
biasing member.
37. The shoe of claim 36, wherein the biasing member
causes a bias towards an acute angle between the
15 sole inliner and the back inliner.
38. The shoe of claim 36, wherein the biasing member
causes a bias towards an obtuse angle between the
sole inliner and the back inliner.
20
39. The shoe of claim 36, wherein the bias of the
biasing member is adjustable.
40. The shoe of claim 36, wherein the biasing member
25 includes at least one torsion spring.
41. The shoe of claim 36, wherein the biasing member
includes compression member.

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42. The shoe of claim 41, wherein
the compression member can be removably placed in
one of a plurality of grooves on a side support
of the sole inliner, and
5 the placement of the compression member in each of
the plurality of grooves adjusts the bias
between the sole inliner and back inliner.
43. The shoe of claim 36, wherein the biased coupling is
10 caused by a compressive cord.
44. The shoe of claim 43, wherein the compressive cord
can be wrapped around a cord winder to adjust bias
between the sole inliner and back inliner.
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45. The shoe of claim 43, wherein the compressive cord
causes a bias towards an acute angle between the
sole inliner and the back inliner.
- 20 46. The shoe of claim 45, wherein the compressive cord
is moveable to a second position to cause a bias
towards an obtuse angle between the sole inliner and
the back inliner.
- 25 47. The shoe of claim 43, wherein the compressive cord
causes a bias towards an obtuse angle between the
sole inliner and the back inliner.

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48. The support system of claim 26, wherein the support system is integrated into a football shoe.
49. The support system of claim 26, wherein the support
5 system is integrated into a running shoe.
50. The support system of claim 26, wherein the support system is integrated into a basketball shoe.

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51. A support system, arranged and designed to support an ankle of a foot, the support system comprising: a sole inliner, configured for a sole of the foot; a coupling;
- 5 a back inliner, movably coupled to the sole inliner with the coupling, wherein the back inliner is configured for a back of the foot, and the coupling includes a biasing member to bias
- 10 the sole inliner and back inliner towards an angle;
- an upper coupled to both the sole inliner and the back inliner, wherein the upper adjustably secures the sole inliner
- 15 and back inliner to the foot, the upper, the sole inliner, the coupling, and the back inliner are operable to resist lateral movement of the ankle while permitting dorsiflexion and plantar
- 20 flexion movement in the foot; and a cover, arranged and designed to surround the upper, wherein the upper, the sole inliner, the coupling, the back inliner, and the cover are configured for integration within a shoe.
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52. The support system of claim 51, wherein the biasing member causes a bias towards an obtuse angle between the sole inliner and the back inliner.

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53. The support system of claim 51, wherein the biasing member causes a bias towards an acute angle between the sole inliner and the back inliner.

5 54. The support system of claim 51, wherein
the upper further comprises a flexible member and a
top upper member and a bottom upper member,
the flexible member provides an initial engagement
of the upper to the foot, and
10 the top upper member and bottom upper member provide
further engagement of the upper to the foot.

15 55. The support system of claim 51, wherein the biasing member includes at least one torsion spring.

56. The support system of claim 51, wherein the biasing member includes a compression cord.

20 57. The support system of claim 51, wherein the biasing member includes a compression member.

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58. A support system, arranged and designed to support an ankle of a foot, the support system comprising: a sole inliner, configured for a sole of the foot; a back inliner, configured for a back of the foot,
5 wherein the back inliner is coupled to the sole inliner; and
an upper coupled to both the sole inliner and the back inliner, wherein
the upper includes a cutout, the cutout
10 operable to permit dorsiflexion and
plantar flexion movement in the foot, and
the upper, the sole inliner, and the back inliner are operable to resist lateral movement of the ankle.
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59. The support system of claim 58, wherein sole inliner and back inliner are integrated as one piece.
60. The support system of claim 58, wherein the back
20 inliner extends at least one inch up the back of the foot.
61. The support system of claim 60, wherein the back
25 inliner extends at least four inches up the back of the foot.
62. The support system of claim 58, further comprising: a coupling, operable to couple the back inliner to the sole inliner.

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63. The support system of claim 62, wherein the upper, the sole inliner, the coupling, and the back inliner are configured for integration within a shoe.
64. The support system of claim 62, wherein the coupling between the sole inliner and the back inliner includes a biasing member.
- 10 65. The support system of claim 58, further comprising:
a wedge positioned on top of the sole inliner, the wedge operable to elevate a heel of the foot.
- 15 66. The support system of claim 66, wherein the wedge is further operable to protect the heel of the foot from impacts.
- 20 67. The support system of claim 58, wherein the upper further comprises:
a flexible member, which facilitates an initial engagement of the upper to the foot.
- 25 68. The support system of claim 67 wherein the flexible member includes a neoprene material.

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69. The support system of claim 58, wherein
the upper further comprises a top upper member and a
bottom upper member, and
the top upper member and bottom upper member
5 independently provide engagement of the upper
to the foot.

70. The support system of claim 58, wherein
the upper further comprises a flexible member and a
10 top upper member and a bottom upper member,
the flexible member provides an initial engagement
of the upper to the foot, and
the top upper member and bottom upper member
independently provide further engagement of
15 the upper to the foot.

71. The support system of claim 70, wherein
the top upper member and bottom upper member are
adapted to receive laces,
20 the flexible member includes a neoprene material,
and
the coupling between the sole inliner and the back
inliner includes a biasing member.

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